

Dynamics of mental states' representations in the conditions of experimental influence

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Abstract

© Authors. The study of the human mental state as a mental phenomenon supposes a study of different parts of representations in the state of consciousness. The emergence and consolidation of mental representations of states associated with the processing of internal sensations and impressions that in comparison with the content of an earlier experience form the mental structures associated with the current state. The aim of research is the study of the dynamics of mental states' representations of students in the experimental exposure. The experiment involved 30 people aged 18-19 years. Investigation of the stability-variability of mental representations was carried out as follows. First recorded baseline characteristics of mental states' representations: associative, evaluative and imaginative. Then students described the current state. Associative characteristics of mental representations before and after the relaxation session differ in sectoral and generative characteristics. Found the impact of the mobilizing effects on the imaginative characteristics of mental states representations: there is an increase of sensitivity to external influences, clarity, awareness of perception, memory improvement. Revealed leading regulatory function of meditation. After the meditation the intensity of evaluative characteristics of mental representations of states close to the average values. The significance of the results obtained is that there is a leading regulatory function of meditative techniques in changing of mental states.

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Keywords

Dynamics, Experimental influence, Learning activity, Mental representation, Mental state

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